

Exercise Class Timetable

Institute Of Sport And Exercise

Accurate as of 27/07/2024

Times for Tuesday 3 October



| Time | Session | Facility | Instructor |
|---------------|----------------|--------------|------------|
| 12:15 - 12:45 | Escalate | Studio 1 | Nik |
| 12:30 - 13:00 | Zumba | Studio 2 | Osla |
| 16:45 - 17:30 | Sleek Physique | Studio 1 | Kevin |
| 17:00 - 18:00 | Slow Flow Yoga | Studio 2 | Maureen |
| 17:30 - 18:15 | Ride 45 | Cycle Studio | Kirsten |
| 17:45 - 18:30 | Aeromax | Studio 1 | Kevin |
| 18:15 - 19:00 | Pilates | Studio 2 | Cecile |
| 18:35 - 19:20 | Escalate | Studio 1 | Kate |